

## Courses of Study

### FULL COURSES LEADING TO DIPLOMAS

**S**TUDENTS taking this course receive a certificate on completing two years of study; but those desiring the professional diploma must take an additional year. This diploma qualifies the holder to teach English, Expression, and Physical Education.

THE COURSE has been arranged to meet the requirements of students who have already taken that of the High Schools of the Department of Education for Junior Leaving or for Junior Matriculation. It includes advanced study of the great periods of English Literature, with criticism of exercises in English Rhetoric and Prose Composition; training in Practical Expression, in its æsthetic as well as its technical aspect; and a normal course in Physical Education. This Physical Education course is identical in the first two years with that of Course II, and has the advantage of a third year in which stress is laid on practice in teaching and original work. Those whose preparation is sufficient may add a three years' course in the French Language and Literature. This programme is not outlined, as the French Classes have a special grading, and the work is adapted each year to the needs of the students.

The following is the programme of studies in the three main departments:

#### FIRST YEAR

##### The English Language and Literature:

Composition and the elements of Rhetoric, with special attention to sentence and paragraph structure, and to arrangement of material.

*I.  
A Normal  
Course  
in  
English,  
Expression  
and  
Physical  
Education*



An outline of the Literature of the Nineteenth Century.  
with special study of selected classics.

**The Art of Expression:**

The Placing and Development of the Voice.  
Corrective Work.  
Exercises in Reading and Speaking.  
The Study of four selected plays of Shakespeare.  
Platform Deportment.

**Physical Education:**

**THEORY:**

The elements of Anatomy, Physiology and Hygiene,  
with special reference to Physical Education.  
The Theory of Educational Gymnastics.

**PRACTICE:**

Swedish Calisthenics and light Gymnastics, including  
drills in Dumb-bells, Clubs, Wands, etc.  
Tactics.  
Æsthetic, National, and Folk Dancing.

**SECOND YEAR**

**The English Language and Literature:**

The Writing of Essays, with special attention to clearness,  
precision of expression, and elegance of style.  
An Outline of the Literature of the Eighteenth Century,  
with special study of selected classics.  
A Course in Modern Dramatic Authors.

**The Art of Expression:**

Advanced work in the use and development of the voice.  
Corrective Work, continued.  
Exercises in Reading and Speaking, continued.  
The study of Shakespearean and other dramatic works,  
with a view to interpretative rendering.  
The presentation of plays.

**Physical Education:**

**THEORY:**

Applied Anatomy.



Kinesiology.  
Physiology and Psychology of Exercise.  
History of Physical Education.  
Anthropometry and Practice in Measuring.  
Remedial Gymnastics.  
†First Aid and Home Nursing.

**PRACTICE:**

Continuation of First Year work.  
Fencing.  
Single-sticks.  
Corrective Exercises.  
Original class drills in Dancing, Free-standing  
Exercises, Dumb-bells, Wands and Clubs.  
Indoor Sports.  
Athletics.  
Practice in Conducting Classes.

**THIRD YEAR**

**English Literature:**

An Outline of the Literature of the Sixteenth and  
Seventeenth Centuries, with special study of selected  
works of Spenser, Shakespeare and Milton.  
The Course in Modern Dramatic Authors, continued.

**The Art of Expression:**

Development of the voice, continued.  
Corrective Work, continued.  
Advanced exercises in the Reading of Poetry.  
Interpretation of Shakespearean and other dramas.  
Practice in Teaching.  
Presentation of Plays.

**Physical Education:**

The work of the Second Year continued, with special  
stress laid on Practice in Teaching, and on original  
work.

*†First Aid and Home Nursing are taught alternate years.*



II.  
A Course  
in  
Physical  
Education

THIS IS a two years' course, and leads to a diploma qualifying the holder to teach Physical Education.  
The following subjects are included:

**FIRST YEAR**

**THEORY:**

Elements of Anatomy, Physiology and Hygiene,  
with special reference to Physical Education.  
Theory of Educational Gymnastics.

**PRACTICE:**

Swedish Calisthenics and Light Gymnastics, including drills in Dumb-bells, Clubs, Wands, etc.

Tactics.

Æsthetic, National, and Folk Dancing.

Voice Culture.

Speaking.

The Elements of Physical Expression.

**SECOND YEAR**

**THEORY:**

Applied Anatomy.

Kinesiology.

Physiology and Psychology of Exercise.

History of Physical Education.

Anthropometry and Practice in Measuring.

Remedial Gymnastics.

†First Aid and Home Nursing.

**PRACTICE:**

The continuation of First Year Work.

Fencing.

Single-Sticks.

Corrective Exercises.

Original Class Drills in Dancing, Free-standing Exercises, Dumb-bells, Wands, Clubs, etc.

Indoor Sports and Athletics.

Practice in Conducting Classes.

†First Aid and Home Nursing are given alternate years.



### THE PARTIAL COURSE

THIS COURSE has been arranged for students who desire to continue their studies beyond the range of the secondary schools, but do not wish to take either of the full courses outlined above. It comprises the English and French of Course I, together with the Practice of Physical Education, which includes Voice Training, Speaking, and the elements of Dramatic Art.

*A Course  
in  
English,  
French  
and  
Physical  
Education*

A certificate will be given, if desired, to students who have fulfilled the requirements of this Course.



## Subjects in Detail

### THE DEPARTMENT OF ENGLISH

THE AIM of this department is to give, in a three years' course, a general survey of the great periods of English Literature; to develop fine taste and discriminating judgment by detailed, critical discussion of the masterpieces of our most distinguished authors; to arouse interest in contemporary literary movements, whether of our own, or of foreign lands, and to give a command of clear, simple and elegant English. The section dealing especially with the Drama, aims, in addition, at giving students such an understanding of stage technique, and of characterization, as may assist them in the presentation of plays, or scenes from plays.

### DRAMATIC LITERATURE

*The  
Shakespeare  
Class*

THIS CLASS meets every Wednesday morning at eleven o'clock in the Principal's studio.

The following plays will be read dramatically during the three years' course, beginning this Autumn with:

*The Tempest.*

*Cymbeline.*

*Julius Caesar.*

*Antony and Cleopatra.*

*Hamlet.*

*Macbeth.*

*Romeo and Juliet.*

*King Lear.*

*Othello.*

*As You Like It.*

*A Winter's Tale.*

*Twelfth Night*



THIS CLASS meets every Tuesday morning at eleven o'clock, in the Principal's studio. The work of the following authors will be discussed, and representative plays read:

*Some  
Modern  
Dramatists*

Ibsen.  
Maeterlinck.  
Shaw.

Yeats.  
Synge.  
Lady Gregory.

### POETICAL LITERATURE

This Course consists of:

IN THE FIRST YEAR, an outline of nineteenth century poetry, with special study of selected works by the following authors:

*Nineteenth  
Century  
Poetry*

Wordsworth.  
Scott.  
Coleridge.  
Byron.

Shelley.  
Keats.  
Tennyson.  
Browning.

IN THE SECOND YEAR, an outline of eighteenth century poetry, with special study of selected works by the following authors:

*Eighteenth  
Century  
Poetry*

Dryden.  
Pope.  
Thomson.  
Collins.

Gray.  
Goldsmith.  
Cowper.  
Burns.

IN THE THIRD YEAR, an outline of sixteenth and seventeenth century poetry with special study of:

*Sixteenth and  
Seventeenth  
Century  
Poetry*

Spenser: *The Faery Queen, Book I.*  
Shakespeare: *King Lear.*  
Milton: *L'Allegro; Il Penseroso; Selected Sonnets; Paradise Lost, Books I and II.*

A general acquaintance with the whole of *Paradise Lost* is also required.



## THE DEPARTMENT OF EXPRESSION

### DRAMATIC ART

EXPERIENCE proves that nothing in all our work so quickly develops ease, naturalness, spontaneity, imagination, clear enunciation, and interpretative power, and so effectually banishes timidity, affectation, and self-consciousness as training in Dramatic Art. Therefore, while this department may be used as a preparation for the stage, that is not its purpose.

### VOICE CULTURE

THE VOICE, the greatest instrument of expression, is generally the most neglected. Correct breathing is fundamental, whether for speech or song. Our method places all activity at the diaphragm and leaves the throat passive and relaxed. No one who has mastered this method will have speaker's sore throat. After technical drill, voice placing, vocal process in exercise, the voice becomes responsive to feeling, and timbre (tone color) is the result.

### PUBLIC SPEAKERS' CLASS

THE work in this class is devoted principally to:

1. The Training of the Voice.
2. Melody in Public Speaking.
3. Platform and Drawing-room Deportment.
4. Reading.

### CORRECTIVE WORK

STAMMERING, stuttering and other impediments of speech are corrected, and constrictions of the throat and tongue relieved, by scientific methods. Distinguished physicians have expressed satisfaction with the results attained.



## THE DEPARTMENT OF PHYSICAL EDUCATION

THE AIM of this Department is to provide young women with a training, both in the Theory and Practice of Physical Education, that will enable them to take advantage of the opportunities offered in the ever-increasing demand for thoroughly qualified teachers. A special feature for the coming School year will be Classical, National, and Folk Dancing, taught by the method of Louis H. Chalif of New York, a graduate of the Imperial Ballet School of Russia. Chalif dancing is now taught in practically all the Normal Schools of Physical Education in America, including the Sargent School, and has achieved popularity in educational institutions of such standing as Wellesley College and Columbia University. The reason for its success may be summed up briefly:

*The Purpose*

It exercises the whole body, bringing health and co-ordination, the torso, the arms, and the head being trained as carefully as the feet.

It offers an excellent means of recreation.

It gives grace.

It has an educational value, inasmuch as it develops an æsthetic sense and stimulates sympathy with other races and times.

CLASSES in this Department of Physical Education are under the direction of Miss Mary Hamilton, who has completed the Normal Course in the Chalif School, and secured all the latest compositions.

CLASSES for children, from eight to twelve years of age, in simple æsthetic dances, will be held on Saturday mornings under Miss Hamilton's direction.

*Children's  
Classes*



## The Evening Classes

Monday—Interpretative Dancing, Miss Hamilton.  
 Tuesday—Readings by Emma Scott Nasmith.  
 Wednesday—Physical Education, Miss Hamilton.  
 Thursday { Physical Education, Miss Hamilton.  
                     Contemporary Authors, Miss Ross.  
                     Dramatic Art, Miss McFetridge.

THE EVENING CLASSES include English Literature, French Grammar and Conversation, Physical Education, Voice Culture (Class and Personal), Dramatic Art, Interpretation, Fencing, Oratory, Public Speaking and Reading.

These Evening Classes are for business men and women, and offer a course of study covering a period of twenty weeks, at club rates.

*The Tuesday  
 Evening  
 Literary Class,  
 Emma  
 Scott Nasmith  
 Reader*

In 1910, this class started with ten members for the study of Browning. The Class has since studied: The Ring and the Book; Pippa Passes, and shorter poems from Browning; Macbeth, Hamlet and King Lear from Shakespeare; a group of poems from Tennyson; selected works of William Butler Yeats; the Rubaiyat of Omar Khayyam, Ibsen's Brand and Peer Gynt. The membership has increased to two hundred members. The Class will begin with the study of Byron's Childe Harold's Pilgrimage, which will include travel talks by Mrs. Nasmith of special interest to students, now that the Eastern theatre of war covers the same ground. This Class is open to any interested student at club rates.

*Evening  
 Classes  
 in  
 Physical  
 Education*

THE PURPOSE of these classes is to provide beneficial recreation for business women, and others engaged during the day, in the form of exercises including deep breathing for health, folk and aesthetic dancing for rhythm, grace, ease, and poise.

*Interpretative  
 Dancing*

SPECIAL CLASSES in Chalif Interpretative Dancing will be held one evening each week, under the direction of Miss Hamilton.

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